

Passion & Purpose Pie of Life

(Achieving Life Balance)

It is important to reexamine how we are spending our time in the different parts of our lives and how satisfied we are with the quality of our lives in each part. This exercise will help us make conscious choices and plans rather than react without direction to the freedom of this stage.

To help us do this we use the image of a pie, with eight different slices, each representing an element of your life:

- ▶ Civic Engagement
- ▶ Work (paid)
- ▶ Relationships: family, close friends, support network, professional colleagues, community
- ▶ Learning and self-development
- ▶ Health and Fitness — physical
- ▶ Health and Wellness — emotional/spiritual
- ▶ Leisure, Travel, Play, Adventure
- ▶ Routine maintenance (e.g., physical environment, personal care, routine tasks, sleeping)

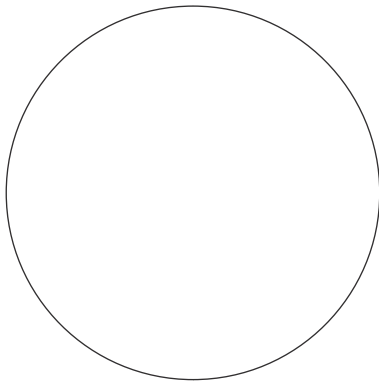
INSTRUCTIONS

Your Current Pie:

- Try to estimate the amount of time you currently give to the above activities. If you assume 100 hours per week, it makes it easier to estimate.
- Now give each slice a rating of 1 to 10 based on how satisfied you are with the amount of time you devote to that part in your life right now: 1 = “the pits” and 10 = “bliss.”

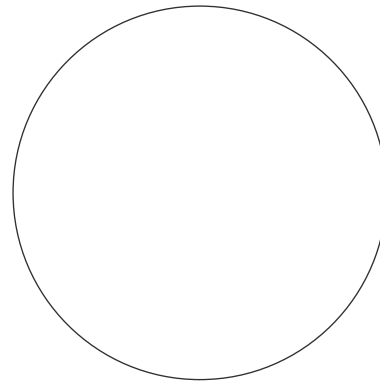
Your Future Pie:

- Now pick a time 2 to 5 years from now. How would you like the pie to be sliced then? Try to do this intuitively, quickly.



CURRENT PIE

(Rank each slice for satisfaction)



FUTURE PIE

(Rank each slice for satisfaction)